

HOW TO STOP MUSIC ADDICTION

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Introduction

بسم الله الرحمن الرحيم

Verily all praise is for Allāh تعالى سبحانه و تعالى we praise Him, seek His aid and guidance and His forgiveness; and we seek refuge in Allāh تعالى سبحانه و تعالى from the evils of ourselves and from the sinfulness of our actions. Whosoever Allāh تعالى سبحانه و تعالى guides, then non can misguide him, and whoever He misguides, then there can be no guide for him. I testify that there is no deity worthy of worship except Allāh تعالى سبحانه و تعالى alone, and I testify that Muhammad صلى الله عليه وسلم is His servant and Messenger. I also bear witness that you have delivered the message, fulfilled the trust, advised the Ummah and struggled in the way of Allāh until certainty came to you.

This is a small text I had written for a person who was struggling with music. I received a question on my Tellonym, anonymously, if I had any advice on how to stop this addiction. This original text was then shared in my telegram group, which is now banned, for the benefit of everyone. However, I found that turning it into a PDF and sharing it like this would be even better to reach a larger audience. May Allāh reward my brother (Sulaymān) who made the cover for me and fill his scale with good deeds. I ask Allāh Ta'āla to make this sincerely for His sake and a means of benefit for every person reading this.

I urge every person to read this from start to finish, including the stories mentioned at the end, thoroughly. Don't just quickly read or glimpse through it, rather take your time in reading everything. This will ensure that you get the most benefit out of this, in shaa Allāh.

For any advice or corrections you have, contact me on: tellonym.me/yshishaniy

Shaykh Ahmad Mūsā Jibrīl حفظه الله said:

“The Prophet صلى الله عليه وسلم said: people will be transformed – authentic hadith – transformed into donkeys and pigs the ones who don’t prohibit the music instruments (*Sahīh al-Bukhārī* 5590). And in addition to that, you know the effect of the music. Music destroys your īmān, eats up your īmān. Music instigates you to do the harām. You don’t have to be a genius to see that. And why would someone listen to that, you know, like Allāh says in the Qur’ān:

أَتَسْتَبْدِلُونَ الَّذِي هُوَ أَدْنَىٰ بِالَّذِي هُوَ خَيْرٌ

‘You place that which is supreme and superior over that which is very less.’ {Al-Baqarah: 61}

Allāh gave us the Qur’ān, the Holy Qur’ān. You just turn it on, listen to it, you get ajr (reward).”

(end quote)

Truly contemplate and ask yourself why you listen to music, for hours on hours, when you have the Qur’ān? Why are you exchanging that which is worse (music) for that which is better (Qur’ān)?

Know my dear brother/sister that truly music is a vile thing. It truly destroys a person and leads him away from the remembrance of Allāh. Ask yourself how bad the matter is, being led away from the remembrance of Al-Azīz (The All Mighty). Isn’t music that which promotes degeneracy, objectification of women, intoxication, immorality, etc.?

If you want to truly improve yourself in every facet of your life, then you need to stop filling your mind with this "dopamine" which you get from music. By listening to music, hours on hours, you’re desensitizing yourself to this and rewarding yourself for absolutely nothing. It kills your drive. Music will also increase your waswas, shaytān whispering in your ear. That constant music in your ear with absolutely worthless and vile lyrics, what good is this to you? Have you ever taken the time to actually ponder over what it is you’re listening to, what these lyrics are saying? You’ll soon come to a realization that these lyrics are all filled with disgust and disbelief, a’ūdhu billāh.

To top it off, music enforces certain emotions inside of you. It’s like music is the key and you’re using it to open the door to depression, anxiety, sadness, etc. Is this not true? Sure, you may listen to songs that makes you "feel good" but what about all the other songs that depress you, make you cry, etc.? Music makes you lazy with the Dīn and turns you into an emotional wreck. It grips you and possesses complete control over you and your emotions. By Allāh, one of the most overlooked sin is listening to music. To put this into perspective; let’s say you ate something harām, or you disobeyed your parents, or you smoked a cigarette, or you did al-Gheebah (backbiting) someone, these are all sins. However, these are sins you did just for that moment, maybe once or twice, for a couple minutes. Whereas music is something you do hours on end! And to top it off, it drives you to do harām as well! You are doing harām for hours long, every single day. Your īmān is being

destroyed! You are in a state of sinning for maybe an hour, if not multiple hours, and people do not realize. The hearts are distracted, heedlessly turning away.

Allāh سبحانه و تعالى says,

اقْتَرَبَ لِلنَّاسِ حِسَابُهُمْ وَهُمْ فِي غَفْلَةٍ مُّعْرِضُونَ

"The time of" people's judgment has drawn near, yet they are heedlessly turning away. {Al-Anbiyā': 1}

Ibn al-Qayyim رحمه الله said:

"Grief weakens the heart and determination, and hurts the will; and **nothing is more beloved** to shaytān than a **sad believer**"

[طريق الهجرتين | ١/١٨٤]

You have to realize that it is this, music, that is destroying your soul. A person who is addicted to music cannot go on with his day without listening to it, just like a smoker who cannot go a day without smoking. No matter what, every opportunity he gets to turn on music and listen to it, he will do so. When he is sad he will put on sad music, making him even more depressed. When he is feeling good he will turn on 'happy' music, distracting him even further from the remembrance of Allāh. It is like when Allāh سبحانه و تعالى said:

وَلَا تَكُونُوا كَالَّذِينَ نَسُوا اللَّهَ فَأَنْسَاهُمْ أَنْفُسَهُمْ ۖ أُولَٰئِكَ هُمُ الْفَاسِقُونَ

And be not like those who forgot Allāh, so He made them forget themselves. Those are the defiantly disobedient. {Al-Hashr: 19}

Allāh has warned us here! Ibn Kathīr رحمه الله mentions in his Tafsīr about this verse:

"We should not forget the remembrance of Allāh, the Exalted, otherwise He will make you forget you to perform the good deeds that benefit you in your return, because the recompense is equated with the action. This is why Allāh, the Exalted, said that 'defiantly disobedient' is referring to those who rebel against obedience to Allāh, who will earn destruction on the Day of Resurrection and failure upon their return."

Music is on the top of the list of things that lead us away from His remembrance! And do not let shaytān trick you into thinking this is not the case. The One who guides us, has mercy upon us, forgives us, grants us that which we ask, gives us warmth and cold, day and night, food, etc. Should all of us not have some shame in front of him? Especially those who are addicted to music! Have you not been warned about those people who forgot themselves and thus earned themselves

destruction in the Hereafter? Have you forgotten that it is He who made you and gave you everything and that it is He to who you will return? Have you forgotten that it is He who gave you hearing? And you use it to listen to harām? Put the blessing of being able to hear on one side of the scale, and all your good deeds on the other. You will find that the blessing of being able to hear outweighs all your good deeds even if you worshipped Him for hundreds of years. He سبحانه وتعالى gave you ears to hear, yet you abuse it? You use them to listen to harām and enjoy it? What will you do if He takes away your hearing as a punishment? Will you not fear Allāh?

Shaykh Ibn ‘Uthaymīn رحمه الله said:

“Islam has forbidden music because it captivates the heart and takes it and distracts it from the remembrance of Allāh. Man was created to worship Allāh عز وجل. So if his heart becomes attached to these instruments (i.e. music) then this prevents him from remembering Allāh عز وجل. This is why you find those who become occupied (by music) walking, moving his hand as if he’s playing music. Because his heart and mind has been occupied with it and Islām wants its follower’s direction to always be towards Allāh (remembering and concentrating on Him).”

Shaykh Ibn Bāz رحمه الله said:

“When he turns on the radio to play music, his soul becomes relaxed and he finds tranquility in that. He listens to it, laughs, and happiness becomes apparent upon him. In contrast, when the verses of the Qur’ān play, he turns it off. He hates to listen to it, لا حول ولا قوة إلا بالله (and there is no power or might except by the will of Allāh). Some people may be deceived by it and say, “It is a light matter, this affair of music.” **The evil of music is severe!** It corrupts the hearts. It is from the causes of the hearts inclining towards falsehood, finding the truth difficult to accept, being misguided and being distanced from guidance, لا حول ولا قوة إلا بالله (and there is no power or might except by the will of Allāh).

Have you, my dear brother/sister, forgotten when Allāh سبحانه وتعالى said:

قَدْ أَفْلَحَ مَنْ تَزَكَّى

Successful indeed are those who purify themselves,

وَذَكَرَ اسْمَ رَبِّهِ فَصَلَّى

remember the Name of their Lord, and pray.

بَلْ تُؤْثِرُونَ الْحَيَاةَ الدُّنْيَا

But you ‘deniers only’ prefer the life of this world,

وَالْآخِرَةَ خَيْرٌ وَأَبْقَى

even though the Hereafter is far better and more lasting. (Al-A’lā: 14-17)

And when Allāh و تعالى سبحانه said:

اعْلَمُوا أَنَّهَا الْحَيَاةُ الدُّنْيَا لَعِبٌ وَلَهْوٌ وَزِينَةٌ وَتَفَاخُرٌ بَيْنَكُمْ وَتَكَاثُرٌ فِي الْأَمْوَالِ وَالْأَوْلَادِ كَمَثَلِ غَيْثٍ أَعْجَبَ الْكُفَّارَ نَبَاتُهُ ثُمَّ يَهِيجُ فَتَرَاهُ مُصْفَرًّا ثُمَّ يَكُونُ حُطَامًا وَفِي الْآخِرَةِ عَذَابٌ شَدِيدٌ وَمَغْفِرَةٌ مِّنَ اللَّهِ وَرِضْوَانٌ وَمَا الْحَيَاةُ الدُّنْيَا إِلَّا مَتَاعُ الْغُرُورِ

Know that this worldly life is no more than play, amusement, luxury, mutual boasting, and competition in wealth and children. This is like rain that causes plants to grow, to the delight of the planters. But later the plants dry up and you see them wither, then they are reduced to chaff. And in the Hereafter there will be either severe punishment or forgiveness and pleasure of Allāh, whereas the life of this world is no more than the delusion of enjoyment.

سَابِقُوا إِلَىٰ مَغْفِرَةٍ مِّن رَّبِّكُمْ وَجَنَّةٍ عَرْضُهَا كَعَرْضِ السَّمَاءِ وَالْأَرْضِ أُعِدَّتْ لِلَّذِينَ آمَنُوا بِاللَّهِ وَرُسُلِهِ ۚ ذَٰلِكَ فَضْلُ اللَّهِ يُؤْتِيهِ مَن يَشَاءُ ۚ وَاللَّهُ ذُو الْفَضْلِ الْعَظِيمِ

‘So’ compete with one another for forgiveness from your Lord and a Paradise as vast as the heavens and the earth, prepared for those who believe in Allāh and His messengers. This is the favour of Allāh. He grants it to whoever He wills. And Allāh is the Lord of infinite bounty. (Surah Al-Hadīd: 20-21)

Don’t get too caught up in this dunyā, and remember that Allāh has already told us that this life is no more than the delusion of enjoyment. He has also told us that this Hereafter is much better. Do not cling to it, let go of it! Have you forgotten how worthless this dunyā is? Have you forgotten what your real home is? Fight with your nafs (soul)! Don’t let Shaytān get the better of you! Do not be from those who prefer this worldly life! Music only makes a person go astray and make him indulge in sin. The Prophet صلى الله عليه وسلم said, “This world is cursed and what is in it is cursed, except the remembrance of Allāh (dhikr) and what is conducive to that, or one who has knowledge or who acquires knowledge.” [Sunan Ibn Mājah 4112]

Al-Hasan al-Basrī رضي الله عنه said:

“Love of the worldly life is the head of every sin.”

[الزهد لابن أبي الدنيا | ٩]

Imām al-Qurtubī رحمه الله said:

“(Music) stirs up desires and corruption and immorality.”

[الزواجر عن اقتراف الكبائر، المجلد ٢/١٩٣]

What if I told you, O person who loves listening to music, a shaytān will come to you and you will listen to him? And what if I told you that you will enjoy listening? And then on top of that, you will listen to him for hours long, each day. You will think that there is something wrong with me and that I am talking non-sense. You would say: “Why would I as a believer ever do such a thing? A’ūdhu billāh.” Then read these words of Ibn al-Qayyim (رحمه الله) and contemplate on what I just told you. You will come to a realization and find out the reality of the matter, in shā Allāh.

Ibn al-Qayyim رحمه الله said:

“Music is the Qur’ān of shaytān and dancing, clapping and whistling is his Ṣalāh (prayer).”

[إغائة اللهفان | ٢٥٣١]

How do you feel knowing you are listening to the Qur’ān of Shaytān? How do you feel knowing you are enjoying it? How do you feel doing this for hours long? How do you feel knowing you have replaced it with the Qur’ān, the words of Allāh? Anytime you hear or listen to music, remind yourself of this, in shā Allāh.

The Prophet صلى الله عليه وسلم said, “There are two sounds that are cursed in this world and the hereafter: musical instruments at the time of blessing and screaming at the time of calamity.”

[صحيح الترغيب والترهيب | ٧٢٥٣]

If it still hasn't become clear to you, how vile and horrible this act is, then I urge you to listen to these words and contemplate deeply.

Ibn al-Qayyim رحمه الله said:

"Never do the love of song and the love of Qur’ān come together in a person's heart **except that one expels the other.**"

[مدارج السالكين | ٤٨٧/١]

He رحمه الله also said:

"Being addicted to music makes Qur'ān **heavy upon the heart** and makes one **hate** hearing the Qur'ān."

[إغائة اللهفان]

He رحمه الله also said:

“If you see a person whose liking and interest is in listening to music instead of listening to the Qur’ān, then this is the strongest proof that **his heart is empty of the love of Allāh and His Words.**”

[الجواب الكافي | ١/١٧٠]

Shaykh ul-Islām Ibn Taymiyyah رحمه الله said:

“That a person prefers listening to music above the Qur’ān shows that **he’s a friend of shaytān and not a friend of Allāh.**”

[الفرقان بين أولياء الرحمن وأولياء الشيطان | ٥٥]

SubhānAllāh, look at how serious the matter is! Imagine the Qur’ān, the words of Allāh, being expelled from your heart and being heavy on your heart! How can you be happy knowing this? If your mother came to you, and she said beautiful things to you saying how much she loves you and how great you are, and so on, but her words don't affect your heart. Rather, her words are expelled from your heart. Then imagine if all the sweet things she says to you makes your heart heavy, and you hate hearing it. How would this be? How?

Truly you'd imagine there is something wrong with this person. How about the one whose heart expels the words of Allāh! How about the one whose heart gets heavy upon hearing the words of Allāh! Don't we love Him more than mother?

If you're addicted to music then it's most likely the case that you like listening to it more than the Qur’ān, and this shows if you compare how much you listen to Qur’ān with music. Ibn Taymiyyah (رحمه الله) said to this person, that you're the friend of shaytān and **NOT** a friend of Allāh! Then how about proof being established upon you that your heart is empty of the love of Allāh and His Words? Will you not understand? A person who is addicted to music will never understand the sweetness of Qur’ān.

On the Day of Resurrection, the Qur’ān will either be a Hujjah (proof) for you or against you. Meaning, it will either testify for you or against you. You decide.

As the anecdote goes:

"How were you able to leave music? I can't stop listening to it."

"I left it the same way you left the Qur’ān."

A person who is constantly listening to music, this music stays in his head. Randomly it will pop in his head and he will even start repeating the lyrics.

Have you not heard about the people, and these are real stories, where they were unable to utter the Shahādah at their death? Do you know what they uttered instead? The lyrics of a song. If you want to utter the Shahādah at your death, you have to constantly act upon it. It should constantly be on your tongue and mind. But how can you, when the only thing constantly on your tongue and mind is music?

Even worse than this, imagine you die whilst having this music on. You never know when your life will be taken, the Angel of Death can come at any moment. So imagine you're in the car with music on and you crash, resulting in your death. Or imagine you have your headphones on with music in your ears and suddenly you get a heart-attack and die of it. Or a car suddenly crashes in to you. Or you suddenly stumble and fall on your neck. Do you really want this to be your final moment? If you think your death will not come at any moment, then how greatly deluded you are.

Al-Fudayl ibn 'Iyād رحمه الله was asked:

"What is the most astonishing of affairs?"

He replied: "A heart that knows Allāh and then disobeys Him!"

[أدب الدنيا | ١٩٨]

"You have the ability to leave sins, I swear by Allāh! No matter how appealing the sin become. No matter how much of a habit the sin has become for you. You have the ability, there is nothing between you and the leaving the sin except sincere determination!"

Try again and again and again, as long as you turn back to Him.

Shaykh Khālid ar-Rāshid (فك الله أسره) said, "If you think that Allāh can't see you then how great is your disbelief... and if you disobey Him while knowing that he is watching you then how evil are your actions. And how little is your shyness of Him!?"

And he (فك الله أسره) said, "Woe to the sin how ugly is its effects... woe to the sin how ugly is its effects... and how wicked is its news."

And he (فك الله أسره) said, "People who pray have become little, and the singers have become much. Allāh says, 'The time of people's judgment has drawn near, yet they are heedlessly turning away.' [21:1] Strangeness in manners and noble conduct, and we barely see anyone who practices conducts of Islām in themselves. In transactions and other forms. Good examples have become few, so how

will we affect others if we have lost our manners and values? Nations stay as long as they maintain their morals. Strangeness in the ideology of Walā' (allegiance/loyalty) and Barā' (disassociation) for the Sake of Allāh. Whereby this ideology has been dissolved. This ideology has been dissolved in many people. Where loyalty and love has become for worldly gains and its interest. Where the enemies of Allāh have become our friends.” Indeed, music falls under love becoming for worldly gains and interest. And the enemy of Allāh is shaytān, and music is the voice of shaytān, and we have taken it (music) as our friend. Those addicted to music love to listen to it dearly.

You have to discipline yourself! Tell your nafs when it's longing for music,

“O nafs, Allāh has blessed me with ears to hear, who am I to abuse this beautiful blessing? This is from shaytān, my sworn enemy, and I do not want to listen to him, nor do I want to be pleased by doing so. I do not want to become the friend of shaytān nor do I want to become immoral or be led away from His Remembrance. I do not want to sin and thus displease Him, the Most Exalted, nor do I want to be destroyed and become one of the losers. He is the one who created the night, the Heavens and the earth and everything in the universe belongs to Him, He is All-Aware of what I do, and to Him I will be returned. Allāh told us that only the residents of Paradise will be successful, and I wish to be one of them. He told us that if the Qur'ān was sent down upon a mountain, we would have certainly seen it humbled and splitting from fear of Allāh. So where is our fear, O nafs? Such comparisons are set forth for, so we can reflect O nafs. Instead I will turn on the Qur'ān and listen to the words of Allāh so I may attain His mercy. O nafs, this is nothing but a trial from Allāh, and it's a reminder to turn back to Him in full submission, so instead I will keep myself busy with the remembrance of the One who created me. It is He who understand my struggle and my sorrows. He knows what is in my heart, and it is He who forgives and has mercy on me. It is He who has blessed me with everything and it is He who will alleviate my pain and struggle by His Will. They used to ask the Prophet صلى الله عليه وسلم, when he prayed until his feet were swollen, “Why do you do this when Allāh has forgiven your past and future sins?” The Prophet صلى الله عليه وسلم said, “Shall I not be a grateful servant?” So, O nafs, should I not be a grateful servant? I am shy of Him, O nafs, so remain patient and live a generous life. Remind yourself of the Lutf (kindness) of Allāh. This world was for us yesterday, but not anymore.”

Train yourself to turn on the Qur'ān every time you long for music. Train yourself to not listen and follow shaytān, since he is the sworn enemy and will mislead you and incite you to senselessness. Tell yourself, “I will turn on the words of Allāh, not the words of shaytān!”

Allāh سبحانه و تعالى said,

أَلَمْ أَعْهَدْ إِلَيْكُمْ يَا بَنِي آدَمَ أَنْ لَا تَعْبُدُوا الشَّيْطَانَ إِنَّهُ لَكُمْ عَدُوٌّ مُبِينٌ

Did I not command you, O Children of Adam, not to follow Satan, for he is truly your sworn enemy,

وَأَنْ اعْبُدُونِي ۚ هَذَا صِرَاطٌ مُسْتَقِيمٌ

but to worship Me 'alone'? This is the Straight Path.

وَلَقَدْ أَضَلَّ مِنْكُمْ جِبِلًّا كَثِيرًا أَفَلَمْ تَكُونُوا تَعْقِلُونَ

Yet he already misled great multitudes of you. Did you not have any sense?

هَذِهِ جَهَنَّمُ الَّتِي كُنْتُمْ تُوعَدُونَ

This is the Hell you were warned of.

اصْلَوْهَا الْيَوْمَ بِمَا كُنْتُمْ تَكْفُرُونَ

Burn therein today for what you used to deny."

الْيَوْمَ نَخْتِمُ عَلَى أَفْوَاهِهِمْ وَتُكَلِّمُنَا أَيْدِيهِمْ وَتَشْهَدُ أَرْجُلُهُمْ بِمَا كَانُوا يَكْسِبُونَ

On this Day We will seal their mouths, their hands will speak to Us, and their feet will testify to what they used to commit. {Ya-Sin: 60-65}

And He سبحانه و تعالى said,

وَاسْتَفْزِرْ مَنْ اسْتَطَعْتَ مِنْهُمْ بِصَوْتِكَ وَأَجْلِبْ عَلَيْهِمْ بِخَيْلِكَ وَرَجِلِكَ وَشَارِكْهُمْ فِي الْأَمْوَالِ وَالْأَوْلَادِ وَعَدَّهُمْ وَمَا يَعِدُهُمُ الشَّيْطَانُ إِلَّا غُرُورًا

And incite [to senselessness] whoever you can among them with your voice and assault them with your horses and foot soldiers and become a partner in their wealth and their children and promise them." But Satan does not promise them except delusion. {Al-Isra: 64}

Mujāhid said about "with your voice", that shaytān uses senselessly and that he misguides the people with, is music. Sufyān ath-Thawrī, amongst the most notorious of scholars in the time of the Salaf (predecessors), said if the Tafsīr of Mujāhid comes to you, it is enough. Don't look for more. When he comments on a verse, it's enough for you. (To show how reliable and truthful the Tafsīr of Mujāhid is).

Besides, why would you even listen to music when Qur'ān recitations from Mahdī ash-Shīshāniy, Muhammad al-Luhaydān, Yāsir ad-Dawsary, Salmān al-'Utaybī, and many more wonderful reciters exist? Just go and turn on Surah al-Furqān or Surah al-Hāqqah by Muhammad al-Luhaydān, or Surah al-Mu'minūn or Luqmān by Yāsir ad-Dawsary, or Surah Maryam or al-Ahzāb by Salmān al-'Utaybī, or Surah at-Taghābun or at-Tawbah by Mahdī ash-Shīshāniy, and many more wonderful recitations! If you have social media, there are many accounts with Qur'ān which you can explore and follow with various different reciters, everyone to their own taste.

The moment you begin to indulge more in listening to the Qur'ān the more you will begin to build love for it and become addicted to it instead of music. The moment you stop music and only begin

to listen to Qur'ān, after some time, you will find sweetness and tranquility in it like you've never experienced before. And you will find it only with the Qur'ān. Recognize your enemy, shaytan, and do not let him destroy your peace of mind. Ask Allāh to help you in this regards, make a lot of Du'ā. Never underestimate the power of Du'ā, because for Allāh it is easy. It is your strongest weapon, so shoot! So many of us who have problems, so many of us who are suffering, so many of us who are feeling hopeless, and all of it can be solved with the Qur'ān and Du'ā. You know the the solution to it all! You know the Qur'ān is a healing! So why don't you turn towards it? Why are you turning away from it by listening to music? Either you lose the Qur'ān, the words of Allāh, or you lose music, the words of shaytān. You decide, however just remember Ibn Qayyim رحمه الله said: "Whoever finds his joy in Allāh will be content with everything, and whoever does not find his joy in Allāh, **will be destroyed by his feelings of grief and regret for worldly matters.**"

A scientific look at the effects of music on the brain

Lutz Jäncke says,

"Because emotions enhance memory processes and **music evokes strong emotions**, music could be involved in forming memories, either about pieces of music or about episodes and information associated with particular music. Although hearing music is closely associated with strong emotional feelings, and although **music activates the entire limbic system, which is involved in processing of emotions and in controlling memory**, most studies examining musical memory have not focused on the role of emotion in this form of memory." {Refer to 'Music, memory and emotion'}

Harvard Medical school says,

"In tune or not, we humans sing and hum; in time or not, we clap and sway; in step or not, we dance and bounce. The human brain and nervous system are hard-wired to distinguish music from noise and to respond to rhythm and repetition, tones, and tunes. The cochlea is a busy little world of its own. It is filled with fluid that surrounds some 10,000 to 15,000 tiny hair cells, or cilia. Vibrations of the stapes send fluid waves through the spiral-shaped cochlea. The fluid waves produce swaying movements of the hair cells. In turn, these cells **release chemical neurotransmitters that activate the auditory nerve**, sending miniature electric currents to the auditory cortex in the temporal lobe of the brain. From there, things get even more complicated. Studies using MRI and positron emission tomography (PET) scans suggest that nerve networks in different parts of the brain bear primary responsibility for decoding and interpreting various properties of music. For example, a small area in the right temporal lobe is essential to perceive pitch, which forms the basis of melody (patterns of pitch over time), chords (several pitches that sound at the same time), and harmony (two or more melodies at the same time). Another nearby center is responsible for decoding timbre, the quality that allows the brain to distinguish between different instruments that are playing the same note. A different part of the brain, the cerebellum, processes rhythm, and the frontal lobes interpret the emotional content of music. **And music**

that's powerful enough to be "spine-tingling" can light up the brain's "reward center," much like pleasurable stimuli ranging from alcohol to chocolate." *{Refer to 'Music and health'}*

Roger Botello, a music therapist, says,

The power of music is undeniable, as it can evoke emotions and transport us to different places and times. However, research shows that **music can also induce harmful effects, particularly when it comes to rumination** (repetitive thinking or dwelling on negative feelings). When a person dwells on negative thinking or feelings, it can contribute to the **development of depression and anxiety or worsen existing conditions**. This is especially concerning for teenagers, as music can be a powerful tool for self-expression and emotional regulation. In addition, researchers find that music-induced harm can occur when people listen to self-identified sad music during moments of psychological distress. Among teens, this can be potentially harmful when music is used with the intention of attaining feelings of support, but instead, the music intensifies symptoms which can **result in behaviors that are unhealthy or harmful**. *{Refer to 'The harmful side of music: Understanding the effects of rumination on adolescent mental health'}*

UCF (University of Central Florida) professor, neuroscientist Kiminobu Sugaya says,

"The nucleus accumbens (which is a region in your brain) seeks pleasure and reward and plays a big role in addiction, as it releases the neurotransmitter dopamine. Music can be a drug – a **very addictive drug** because it's also acting on the **same part of the brain as illegal drugs**. Music increases dopamine in the nucleus accumbens, **similar to cocaine**." *{Refer to 'Your brain on music'}*

In an article by Pavle Marinkovic, he mentions the negative effects music has on people:

- **Music makes us see the world more negatively**

Sometimes when we assess things in front of us we're influenced by cues we're not aware of at the moment. That's the case with background music.

- **Music makes us judge other people's faces differently**

In a study by Jacob Jolij and Maaike Meurs on visual perception, emotional stimuli, such as music, can alter how people judge other people's faces. *{refer to 'Music Alters Visual Perception'}* People were asked to listen to happy and sad background music whilst trying to identify other people's emotions based on their facial features. By listening to sad songs they were more accurate to detect sad faces than happy faces. They became more sensitive to facial features that are congruent with their current emotional state. But here comes the interesting part, people were presented with stimuli that didn't show any face on the screen, and many still judged it like a happy or sad face. Even when there were no real stimuli, **mood influenced what people saw**. Imagine when you're always listening to negative-induced music, what happens to your perspective on life? If you're constantly in a negative emotional state and enhanced by music, you'll distort your view of reality. Music is just one element contributing to a darker viewpoint, **but it can keep it that way**.

- **More aggressive thoughts due to violent song lyrics**

A study by Craig A. Anderson, Nicholas L. Carnagey and Janie Eubanks showed that people have more aggressive thoughts after listening to songs with violent content. {Refer to 'Exposure to Violent Media: The Effects of Songs With Violent Lyrics on Aggressive Thoughts and Feelings'} People judged aggressive-ambiguous word pairs, to be more similar when listening to violent songs, than when listening to nonviolent ones. Some of the aggressive words were: "kill, knife, choke", while some of the ambiguous words were: "alley, animal, rock". In other words, hearing violent songs led participants to signify ambiguous words aggressively. Violent songs increase people's reading velocity of aggressive words, compared to non-aggressive words. By timing how fast people read these words, researchers discovered that after listening to violent songs, people required less time to pronounce aggressive words (e.g. assault, choke). This means that people get easier access to concepts contained in the music they've listened to earlier.

- **Music increases aggressive behavior**

A study by Craig Pinkney and Shona Robinson-Edwards showed that music style could increase aggressive thoughts and encourage crime among its audience. Gang groups use drill music (a subgenre of rap music) to communicate violence toward the police and other gangs. The lyrics talk about power, (twisted) masculinity, the use of illicit drugs, shootings, and even direct threats to kill rival gang members. Apart from promoting violence, there's an additional problem: turning those words into reality. Given the cultural context of this subgenre, the audience might expect rappers to do what they say in their lyrics. They can be pressured to commit those violent acts to prove their credibility to others. This actually happened to the rapper M-Trap. He wrote about knife stabbing in his lyrics **and then went to kill a 15-year-old (along with two more friends)**. Was he announcing his violent act or wanting to prove that he means what he says?

- **Provocative song lyrics with intimate themes effect you**

A study by Peter Fischer and Tobias Greitemeyer focused on the influence provocative song lyrics with intimate themes had on participant's thoughts, emotions, and behaviors towards the same or opposite gender. The songs used were different themes such as: rock, pop, rap, etc. So it's not about the music style, but the content. Results show that men listening to misogynist song lyrics reacted more aggressively to females than to male participants. They administered larger quantities of hot sauce. Moreover, men listening to misogynist song lyrics are more prone to think of negative attributes about women. The same happens to women listening to men-hating song lyrics. They are more inclined to think of negative attributes about men.

{Refer to 'Can Music Have Negative Effects on People?' on Medium}

Now we can clearly see, even from a scientific perspective, how bad music can be. If you know that music saddens people and makes them depressed and can be the key to keeping you in that state, and then also know that nothing is more beloved to shaytān than a sad believer, then how does that make you feel? Why is it you cannot realize that the enemy destroying your imān, all this time, is music? If you know music is a factor to the negative effects such as aggressive thoughts and

aggressive behavior and acts on the same part of the brain as illegal drugs, then does it now make sense when Mujāhid said about “with your voice”, that shaytān uses senselessly and that he misguides the people with, is music. If you know that provocative songs with intimate themes has an effect on you, whether you realize it or want to admit it or not, and listening to misogynistic song lyrics, which appears often in songs by the way, makes you more prone to think negative of women, then should you not start contemplating what music is doing to you? The Prophet ﷺ said, “The believers who show the most perfect Faith are those who have the best behaviour, and the best of you are those who are the best to their wives” {Riyād as-Sālihīn 278} Does it now make sense when al-Qurtubī said it stirs up desires, corruption and immorality? Should you not begin to realize that music has taken control of you both mentally and physically and that shaytān is leading you to the hellfire? **Why is it you cannot realize that so many of your issues can be solved by leaving music and turning to the Qur’ān for the sake of Allāh?**

“When you are asked one day: “Why are you sad?” Then answer truthfully. Say: “Only asking little forgiveness from Allāh and leaving the Qur’ān is the reason for my sadness.” Also, without Adkhār there is no (good) life, no prosperity, your body weakens and you have no will to do anything good. Why? Because your nafs (soul) has no strength. If your body has no nutrition, will it have strength? The same way, will your nafs have strength if you don’t do worship, don’t do dhikr?” – Fulān

Shaykh Sālih al-'Usaymī said,

“And were you to be shameful of people seeing a stain on your clean clothes, then you should be even more shameful knowing Allāh sees your heart with all of its diseases, impurities and sins.”

Ibn al-Qayyim رحمه الله said:

“And it (music) is the enticement of homosexuality and illicit sexual promiscuity. Through it, the immoral lover entices his lover to the very limits of their desires. With it, the shaytān deceives the astray souls and makes it seem good to them through scheming and delusion. So if you were to see them whenever they indulge in that listening of theirs, when their voices become low, their motions cease, their hearts become completely engaged in it, and they are collectively inclined towards it; when this occurs, they begin to sway to it, not like the swaying of the one who is drunk. Rather, there is a languor to their motions and dancing. Haven’t you witnessed the languor of the effeminate (men) and the women? And it is only fitting for them since its intoxication has influenced them, and thus it did to them what the worst cups of alcohol would do. So for other than Allāh’s sake—rather, for the Devil’s—the hearts are torn apart, rewards are destroyed, and wealth is spent in other than the obedience of Allāh. Once this drunkenness has had its effect, and the shaytān has attained his wish and goal for them and has provoked them with his voice and plots and he was able to win them over with all of his cavalry and infantry, then he injects something into their chests and incites them to intensely strike the ground with their feet. **So it is a period in which he makes them like donkeys** around a water wheel and sometimes like the fly that buzzes around the inside of a house. So O mercy, regarding the rooftops and land that shelter the footsteps of those feet; and **O how evil are those who resemble the donkeys** and cattle. And O how the enemies of Islām gloat regarding those who claim that they are the elite of Islām, who

spent their lives engaged in pleasures and indulgence while taking their religion as amusement and play. The instruments of the shaytān were more beloved to them than listening to the chapters of the Qur'ān. So, O one who has become affected and afflicted, who has sold his station with Allāh for his share from the shaytān: This is a fraudulent transaction that only causes loss. Why don't you ascend to these peaks when you hear the Qur'ān? And why don't you experience the like of al-adhwāq (a mystical light that Allāh places into the hearts of his allies) and al-mawājīd (state of ecstasy or euphoria) whenever you recite the Qur'ān? And [why don't you experience] these exalted states when you recite the [Qur'ānic] chapters and verses? And from where has this brotherhood and ascription come from **if not from connecting one's self to the shaytān with the strongest of bonds?** And from where has this compromise come from, which has undermined the contract of faith and introduced deficiency to the promise of the Most Merciful?

أَفَتَتَّخِذُونَهُ وَذُرِّيَّتَهُ أَوْلِيَاءَ مِنْ دُونِي وَهُمْ لَكُمْ عَدُوٌّ بِئْسَ لِلظَّالِمِينَ بَدَلًا

“Will you take him and his offspring as your allies instead of Me, even though they are your enemies? What an evil change for the evildoers!” {Al-Kahf: 50}

And how excellent was the statement of the poet who said, “The Book is recited, so they remain silent; not out of fear, but instead the silence of inattentiveness and distraction. And they resort to singing and, like the donkeys, they bray; and by Allāh, it is not due to Allāh that they dance. A duff [drum] and reed flute and the sound of the singer; when have you ever seen worship involve such amusement?” {Refer to Evils of Music, p. 12-16}

Ibn al-Qayyim رحمه الله mentions the names of music in the Qur'ān and Sunnah;

- Al-Lahw (Diversionary Wordplay)
- Al-Laghw (Nonsense)
- Al-Bātil (Falsehood)
- Al-Mukā (Whistling)
- At-Tasdiyyah (Clapping)
- Ruqyah az-Zinā (Utterances of Illicit Sexual Relations)
- Qur'ān ash-Shaytān (Qur'ān of the Shaytān)
- Munbit an-Nifāq fil-Qalb (Source of Hypocrisy in the Heart)
- As-Sawt al-Ahmaq (The sound of the Sinner)
- As-Sawt ash-Shaytān (The voice of the Shaytān)
- Mazmūr ash-Shaytān (Instrument of the Shaytān)
- As-Samūd (Heedlessness)

{Evils of Music, p. 44}

Now just imagine every quotation I brought by Ibn al-Qayyim. If this is what Ibn al-Qayyim said about music in his time, then how would it be if he saw our situation? Saw our screens and channels, all the countless videos spread around all filled with music? A generation where music is so widespread you cannot avoid it? A generation with not just music, but music filled with absolute filth and kufr? Singers openly singing and making people worship them and ridicule God? And worst of all, amassing millions of people around the world to indulge in it, including Muslims? They have made rijāl (men) sway their heads making the effeminate and like donkeys. How is our situation if our men are swaying their heads to music, heedlessly? Men, who are supposed to be protecting this Dīn and be warriors? Are we not witnessing what is happening (as of now, 1445 AH) to Palestine? Is it not clear to see how humiliated we are? How effeminate the males have become? How we have abandoned Jihād? How about the women? The ones who are supposed to be raising the men of this Dīn? What would he have said if he saw our situation?

الله المستعان – Allāhul Musta’ān (Allāh is the one sought for help). May Allāh rectify our affairs.

Uthmān ibn Affān رضي الله عنه said,

“If our hearts were pure, we would never be tired of the speech of Allāh”

[Hilyat al-Awliyā’ 7/272]

وَإِذَا سَمِعُوا مَا أُنْزِلَ إِلَى الرَّسُولِ تَرَى أَعْيُنُهُمْ تَفِيضُ مِنَ الدَّمْعِ مِمَّا عَرَفُوا مِنَ الْحَقِّ يَقُولُونَ
رَبَّنَا آمَنَّا فَاكْتُبْنَا مَعَ الشَّاهِدِينَ

When they listen to what has been revealed to the Messenger, you see their eyes overflowing with tears for recognizing the truth. They say, “Our Lord! We believe, so count us among the witnesses. {Al-Mā'idah: 83}

قُلْ لَوْ كَانَ الْبَحْرُ مِدَادًا لِكَلِمَاتِ رَبِّي لَنَفِدَ الْبَحْرُ قَبْلَ أَنْ تَنْفَدَ كَلِمَاتُ رَبِّي وَلَوْ جِئْنَا بِمِثْلِهِ مَدَدًا

Say, ‘O Prophet’, “If the ocean were ink for ‘writing’ the Words of my Lord, it would certainly run out before the Words of my Lord were finished, even if We refilled it with its equal.” {Al-Kahf: 109}

And ask yourself, do you find tranquility in the words of As-Salām (The Giver of Peace)? Do you cry when you hear them? If you don’t, know how evil your affair is and that it is time for change.

Another widespread issue, which unfortunately many fall into, is the spreading of videos with music in it. Whether that be posting e.g. on Tiktok or (re)posting it on your Instagram story or whatever else. Many do this unconsciously. They see a funny video and share it whilst it has music. They repost it for everyone else to see without realizing they are in fact aiding shaytān in spreading

his speech (music) as well. The amount of sins you are getting from such a simple act can be very severe. Imagine you post a video on Tiktok and hundreds of people see it. Because of your post, you might be accumulating sins for every person who listens it. (Emphasis on 'listens' because the one who just 'hears' music is different from the one who actively listens to it) The Prophet صلى الله عليه وسلم said, "Whoever starts a good tradition which is followed, then for him is a reward, and the likes of their rewards of whoever follows him, there being nothing diminished from their rewards. And whoever starts a bad tradition which is followed, then for him is the sin, and the likes of the sins of whoever follows him, there being nothing diminished from their sins." (*Jāmi' at-Tirmidhi* 2675)

So the people who initiate beneficial practices will not only receive the rewards for their own action, but also the actions of others who follow their example. On the other hand, harmful or misguided practices are warned against. The one who initiates a negative practice will bear the burden of the sin associated with it, as well as the sins of all those follow it. How easy the Prophet صلى الله عليه وسلم made it for us to gain good deeds. But also how easy it is to gain bad ones. Ya miskīn, have you not committed enough sins? Are you not in need of good ones? If so, why is it you still repost or post videos with music for others to hear? Even reposting a video with music on tiktok can be dangerous, maybe it appears on someone's screen due to your repost and they listen to the song and get addicted. Listening to music is one thing, but sharing it? Potentially getting the sins of hundreds of other people too? For some of you it might even reach up to thousands, if not millions! And to make it worse, after your death these videos you posted, or reposted, will still be online. You could still be accumulating sins in the grave. When the torment and punishment in the grave happens, you will cry and scream in regret wishing you never shared those videos.

Now if you think about it, how easy you can gain good deeds! Put in a little bit of effort to add some subtitles to a recitation and share it online. Imagine how many good deeds you can pile up! Then imagine the amount of good deeds you can still gain even after your death! Really ask yourself how difficult it is to open an account (or use an already existing one) and post some Qur'ān on it? Or share a Sunnah? Or anything else that is beneficial? Not difficult at all! You don't even have to make a video, doing something as simple as just posting a recitation you already had in your gallery, screenshotting a hadīth and sharing it online, writing a 60 second text on reminding someone to pray or about Jannah or Jahannam, etc. are all more than sufficient. These are all beneficial and you can gain good deeds from it, both now and when you pass away.

Delete that music playlist and make it a Qur'ān playlist, delete those videos you (re)posted with music and (re)post videos with Qur'ān, stop sharing a picture or video on your story with music and mute it instead and mute your audio when using social media. How easy we can resist sharing music, yet we do it. Shaykh Ahmad Mūsā Jibrīl (حفظه الله) said, "When the cause to do the sin is weak and one can strongly resist that sin and yet he commits it, the punishment is worse. Two people can commit the same exact sin, yet one may get punishment more than the other."

When you die, do we repost your account or report it?

Even scarier than this is that some people may be from the Mujāhirīn due to music. Abū Hurayrah heard the Prophet صلى الله عليه وسلم saying, "All the sins of my followers will be forgiven except

those of the Mujāhirīn (those who commit a sin openly or disclose their sins to the people). An example of such disclosure is that a person commits a sin at night and though Allāh screens it from the public, then he comes in the morning, and says, 'O so-and-so, I did such-and-such (evil) deed yesterday,' though he spent his night screened by his Lord (none knowing about his sin) and in the morning he removes Allāh's screen from himself." {*Sahīh al-Bukhārī* 5590}

The Prophet ﷺ indicated that every person in this Ummah is in a state of well-being, meaning that when someone commits a sin, there is hope for forgiveness and mercy from Allāh and a chance to be saved from the punishment of the Hellfire. However, **the exception is for those who commit sins openly**, revealing their disobedience to the public. Such individuals, who openly and shamelessly commit sins, will not be granted safety in this regard. This is why it is very important that when you sin, you should not disclose it to anyone else and keep it private. Openly sinning demonstrates audacity, boldness and a disregard for the limits set by Allāh. How severe the matter is! All of us sin, undoubtedly, but the characteristic of the believer is to always repent and turn back to Allāh and hope that Allāh accepts their repentance. But those who sin publicly, revealing their disobedience to the public, are removed far away from the forgiveness of Allāh. Those who are sharing music openly and telling the people I listened to so-and-so (song) and shared it with so-and-so, how severe is your state and how evil is this affair! Fear Allāh and stop sharing or committing sins publicly and repent! At least this way you have hope for forgiveness.

Shaykh Abdur-Razzāq Al-Badr said,

“When you abandon a sin, fearing Allāh, and seeking His pleasure, and protecting your īmān and seeking success by the pleasure of your Rabb سبحانه و تعالی, which is a part of your īmān, how much will Allāh compensate you for it? You will have the pleasure, happiness and bliss of the heart, the comfort of the eyes and blessings in your life along with other types of good. The Prophet ﷺ said, “Whoever abandons something for the sake of Allāh, Allāh will compensate him with something better.” So if the soul incites him to commit a sin, they should remind themselves to abandon what their soul is calling them to and seek the compensation (of Allāh) from the good of this world and the Hereafter which Allāh سبحانه و تعالی honours His believing servant with. The one that abandoned the sin fearing His Rabb and hoping for His reward and hoping to attain what He جل في علا has promised.”

To put this into perspective; If a billionaire came to you and said, “If you stop listening to music I will give you all my wealth.” How many of us would jump up out of excitement and leave songs right then and there? I think all of us would. Then why don’t you do the same when our beloved Prophet ﷺ promised that Allāh, The Capable, The Most High, will compensate you with better (than anyone) for abandoning something (like music) for His sake?

Abū Bakr رضي الله عنه heard the Prophet ﷺ saying,

“When a servant (of Allāh) commits a sin, and he performs ablution well, and then stands and prays two rak'ahs, and asks pardon of Allāh, Allāh pardons him. He then recited this verse, “And those who, when they commit indecency or wrong their souls, remember Allāh”” {*Sunan Abi Dawūd* 1521}

This story of a brother which was trending some time ago, showing the horrors of music.

"Assalāmu 'alaykum. I am a young man, 21 years old. My friend passed away in a car accident a few months ago. May Allāh have mercy on him and forgive him. He was a very kind and loved person, and everyone attests to his good manners, generosity, and nobility. Everyone was shocked by his loss, and we couldn't accept what happened, but praise be to Allāh in all circumstances.

Then, about a week after his death, I started having nightmares while sleeping. I dreamt that he was suffering in hellfire, burning. I swear, I would wake up from my sleep terrified, not understanding why this was happening. Everyone attested to his good character and behavior, and I couldn't comprehend why this was happening. It started recurring periodically, like he was trying to seek help from me. I swear, the screaming was not natural at all.

It was a horrifying scream to the extreme, visiting me even when I was alone. I began giving charity and praying for him during the call to prayer and the call to stand for prayer, hoping that Allāh would alleviate his torment. But it was of no use; it happened every day, and *sadīd* came out from his ears, mouth, and under his nails. I cannot forget that sight. (*Sadīd is a thin liquid that is mixed with blood*)

I grew to hate sleep and avoided it out of fear that I would witness the same scene again. I could do nothing but pray and give charity. I went to various scholars for interpretation, but their explanations did not fully comfort me. I hoped it was just a nightmare and that he was not suffering in his grave or wherever he might be. Two days later, the dream returned, and I was not sure why.

There were two large figures dragging him to a distant place filled with skulls and people suffering. They were pouring *sadīd* into his ears, and it would come out with the other ear. They didn't stop there; they would bring a hot iron rod and insert it into his ear, and it would come out from the other ear under his terrifying screams. His hands were also mutilated, clearly showing signs of torture.

Indeed, by Allāh, I swear, I asked him, "Why is this happening to you? Why are they torturing you like this when you were obedient to your parents, preserved your prayers, and what sin did you commit that deserved such treatment? What great sin did you commit to deserve all this torture?" Finally, he spoke and said, "**Music, oh my brother, music!**"

Since the day I was placed in my grave, I have been suffering. My grave has become a pit from the pits of Hellfire because of the music and the ongoing sins that reached me. I have never tasted any rest, not for a single day. They pour pus into my ears, burn my hands, and torment me day and night for what I have done! I have ongoing sins!

I swear, by Allāh, I have not experienced any happiness or enjoyment since that incident. For several days afterward, I remembered that he had an Instagram account, which was quite old, maybe from 2014. He used to post music clips and songs on it. I started searching for this account,

and finally, I found it. However, I couldn't help but think a lot: "Was this the reason for his torment?"

I noticed that the number of likes on it was high, and the number of followers continued to increase, and they were unaware of his death! My heart ached terribly from seeing the followers and the sins recorded on it. I understood the meaning of his words, "ongoing sins." I was confused about what to do because I didn't know the password or the email or anything related to the account. Nevertheless, every time I remembered his suffering, it pained me.

I tried to find a way to close the account, but I didn't know how to proceed. This made me feel guilty, and I spent three days not knowing how to close the account. During these three days, I saw him suffering in my dreams, and I swear by Allāh, I did not experience peaceful sleep at all. I felt that he was suffering because of me. I knew the reason for his torture, but I still couldn't do anything.

Oh Lord, guide me to a solution. I found a hacker whom I thought would ask for something in return to hack the account, but I explained the situation to him, just like the account owner did. He said he would close it for the sake of Allāh. Indeed, within 24 hours, the account was hacked, and everything in it was deleted on the same day. I prayed to God and asked Him, in my prostration, to stop the torment through His mercy and forgiveness.

His sight was extremely distressing, and I couldn't find peace until I closed the account. I can never forget that sight. I swear, this was enough to make me quit listening to music, including the traditional songs, forever. I avoid any place where they play it. I swear by Allāh, I learned a lesson that I had never learned throughout my entire life, and I thank Allāh for guiding me away from music.

Now, whenever there's an occasion with music, I distance myself from it in any way possible. I don't even attempt to listen, out of fear. If any of you had seen what I saw, you would detest the matter of music and everything related to it. I've acted for your hereafter all your life, and I realized that this world is temporary.

I wished that I could show those who listen to music what I saw. I swear by Allāh, the sight of them tormenting him in that way was truly horrifying. It was not a normal scream; his scream resonated in my ears every moment. I swear by Allāh; it was extremely terrifying.

I hope that my words can be a lesson for everyone who listens to music or, **at the very least, for music addicts.** I don't want to bear the responsibility on the Day of Judgment for what I saw. I haven't warned anyone. O Allāh, bear witness! **There are many things people underestimate, even though their punishment is severe.** May Allāh forgive us, O Lord."

Another story of a brother showing how music almost destroyed his life.

“We were a random couple living a normal life. Every day I go to work while my wife stays at home and does her daily chores. We are a very happy couple, alhamdulillah. Suddenly I notice that my wife started listening to music a lot. She started to listen to music whilst doing her make-up and skincare routine. One night after dinner I went to her and stood near the bathroom and said, “You need to stop doing that. You know that it is not good for you, shaytān inhabits bathrooms.” And she laughed and replied with, “Stop being so awkward, what’s the wrong in it?”

The days passed and I noticed my wife spending more and more time listening to music in the bathroom like it’s a drug. And she was dancing like she was not herself. One day I came home from work at night and noticed that the house was a mess. Dinner wasn’t made and nothing was done the whole day. That wasn’t like my wife. She was way more organized than me. I heard loud music playing from the bathroom like she was using a speaker instead of her phone and I found her dancing a weird dance. I touched her shoulder and called her name, she kept on dancing. I shook her and she turned to stop and slowly she looked at me in a way I will never forget. **Her eyes were empty, like it wasn’t her at all.** I tried to remain normal while I was scared to death and I said, “Stop this music! You’re putting it on all the time, I will turn it off right now.” And I replaced it with the Qur’ān. She suddenly screamed hard and fell on the floor. I carried her to the bed and remained by her side until morning, I couldn’t sleep and from that night I started having a nightmare. I woke up for Fajr and found my wife wide awake with the same empty eyes as last night. She stood and left our room so I followed her and she went directly to the bathroom and laughter with a scary laugh. Then she talked to the mirror in a weird language, I was shaking with fear so I left the bathroom and still heard her laugh non-stop. The moment I put the Qur’ān loud, she screamed and fell in the bathroom floor. I carried her to bed, again, and closed the door slowly while she was asleep.

I called my work and decided to take a day off. I then called one of the best Rāqi’s (Someone who does Ruqya, treatment with Qur’ān) that we knew and told him everything while my wife was sleeping. The Rāqi then came over and said, “We will start the Ruqya session but you must remain strong.” The moment the Ruqya started reciting, my wife opened her eyes and started to scream with a voice that was not hers. “Stop it!” she yelled. The Rāqi continued his recitations. I was petrified to see my wife in that state. Then the Rāqi took a bottle of water and recited Qur’ān in it. He then asked me to help hold my wife in place so we would force her to drink the water. The moment she drank it, she screamed from the pain. Like she was burning inside. I couldn’t bear the feeling of seeing her suffer so I said, “I think that’s enough for today.” The Rāqi replied, “My son, you must stay strong. Her state will get worse. Please let me do my job.” She screamed repeatedly until I couldn’t bear it anymore so I told the Rāqi to stop and accompanied him out, leaving my wife to sleep on the couch. Before leaving, the Rāqi said, “It will get worse.” To which I replied, “Thank you very much for coming, may Allāh be with you! We’re good.”

It was afternoon and my wife had just woken up. She came as I was cooking for the both of us. She looked at me with her normal eyes and seemed to be confused she then asked, “What happened? I

Was asleep the whole day? How come it is afternoon?" I replied with, "Don't you remember what happened? You woke up this morning and went to the bathroom then spoke in this weird language to the mirror." She looked at me as if I had lost my mind and said, "You have got to be kidding! I woke up just now, I don't remember any of what you said." I remained silent and continued to finish preparing the dinner. I was stunned to see that my wife was going back to her normal self again but sadly it didn't last that long.

The same night I woke up to find the bed empty and I heard my wife talking in that weird language so I went into the bathroom and found her talking to herself in the mirror. She then turned to me and I froze to see the same empty eyes and she then talked to me in a voice that wasn't hers and said, "You will never find sleep again." I ran to the living room and played Qur'ān and she fell in the bathroom. I did not sleep at all that night. I had no choice but to lock her in the bathroom. She kept screaming and laughing at the same time! It was all my fault. If I had let the Rāqi do his job, my wife would be good now so I took my phone and called him.

The Rāqi came again, even after the rude way I treated him last time when he tried to help my wife. This time he looked at the state of my wife and looked at me with pity and said, "Didn't I tell you it would get worse? If you had let me finish last time, the jinn would be out of her by now." and I told him that this time I'm ready. The Rāqi started the Ruqya and this time, despite that I couldn't bear to see my wife suffering, I held my self and helped him and the Rāqi finally talked and said to my wife, "What is your name?" To which my wife laughed again and the Rāqi said: "Why did you possess her?" And the jinn finally talked and said, "**She attracted me with music and when I saw her I fell in love with her she is beautiful and I will never leave her!**" I looked at the Rāqi with horror and he reassured me and with many hours of Ruqya. After many sessions, the jinn finally left my wife. **She got better with the days, alhamdulillah, and she replaced music with Qur'ān.**"

An advice from the same brother:

"If I have an advice to give to everyone, it's that if Allāh forbid us something then it's for our own good. **Look how music almost destroyed my life and the life of my wife.** I almost lost her and a jinn possessed her and our house. Be careful! May Allāh guide and protect us."

Do you notice how hard the wife had underestimated music, and how it almost ruined her in return? This is the danger of music. Shaytān comes to you in disguise and fools you into thinking it's a light affair. And then do you notice how her life got better after she left it and replaced it with Qur'ān?

A story narrated by a police officer in a Muslim country.

“Seeing crashes and accidents was normal. However, this one incident was different. My partner and I were on the side of the road of a highway and we began speaking. In one second the scene changed and erupted in a loud sound. We threw our heads back to see what had happened and there was a head-on collision. One car had drifted into the other lane of the oncoming traffic. The scene was hard to imagine. Two young men sprawled in the first car, both in critical condition. We carried them gently away from the car and rested them on the ground and quickly went back to assist the owner of the second car. Unfortunately, he had died. So we went back to the two young men lying side by side on the pavement. My partner began reciting the Shahādah, asking them to repeat after him. He kept on repeating it, urging them to say it. No matter how much he tried, he said **their tongues wouldn’t accept it. They started humming and singing lyrics to a song.** He became terrified.

My partner had experience in situations like this where he had acted and asked others to recite the Shahādah as he thought they were close to death. But as he stood watching, this time, there was no movement. Their eyes had locked, never in my life had I seen anything like this. In fact, I have never seen anyone die. My partner continued to instruct them to say the Shahādah, but it was of no use. The hum of their song came to a slow silence. The first one stopped and then another one stopped. There was not a movement, they had both passed. We carried them to our patrol car, and my partner was still in shock. He did not say a word, not a whisper between us. We brought them both to the hospital and that was the end.

After observing this, I fell back into my old routine. I started to drift from Allāh, but another event happened. This event was the thing that sealed my return to Allāh. What an odd world this is. After about 6 months a strange accident took place. A young man was travelling on the highway. He got a flat tire and pulled his car over to the road and as he was taking the tire out and changing it, he got struck by a car. I rushed to the scene, this time with a different partner. Together we carried this young man into our patrol car and we phoned the nearest hospital, letting them know we were coming in. He was a young man, in his youthful years. You could tell by his appearance that he was religious, practicing. His face was full of nūr (light). He was mumbling when we carried him, but in our rush we had not paid attention to what he was saying. However, when we placed him on his back in the patrol car we could now understand what he was saying. **Through all of the pain that he was enduring, the young man was reciting Qur’ān.** Both me and my partner became immersed in his recitation. SubhānAllāh, you would never have said that this person was enduring any pain. Blood had soaked his clothes and his bones were broken. To tell the truth, it looked like he was staring death into the eyes. He continued to recite in this tender voice, reciting with proper Tajwīd. In my entire life, I had never heard any recitation like it. So I thought, let me instruct him to say the Shahādah just like I saw my friend doing before. My partner and I listened, and in that soft voice I felt a shiver. It shocked my back and my arms, and my hair stood up on my body. Suddenly the hymn ceased. I walked silently as his hand rose and he raised his index finger pointing upwards to the heavens saying, “لا إله إلا الله محمد رسول الله” (Lā ilāha ilAllāh Muhammad-ur-RasūlAllāh)” and then he passed. I jumped in the backseat and felt his

hand, his heart and his breathing. He had passed. I couldn't stop staring at him. A tear fell, but I hid it for I felt ashamed. I turned to my partner and told him that the boy's life had passed. My partner burst out crying. Seeing a man cry like that, I could not control myself and I began to weep as well. Both of us were full of tears. We arrived at the hospital and as we rushed to the corridors and told the doctors and the nurses what had happened. So many people were affected by what we said. Some even stood there speechless and full of tears. No one wanted to lose sight of this young man, wanting to know the place of where he would be buried.

One of the hospital staff phoned his home, and his brother picked up and was told about the accident. His brother began to share a story about him. He said he used to go out every Monday to visit his only grandmother outside of the town. Whenever he visited her he made sure to spend time with the children who were poor and the orphans. The town knew him, he was the one that would bring them Islamic literature and lectures. His brother said his dusty Mazda (car) would be filled with rice and sugar for the people. All of this, for families who were in need. He would never stand for anyone discouraging him for the long journey that would take him to get to his town and he would always politely reply to those people, "The longer I drive, the more time I have to review Qur'ān. And I can listen to lectures as well." His brother said that with every step that he made and every turning of the wheel of his tire, he was hopeful in a reward from Allāh."

We can see the reality and the contrast when you put the one who listens to music and the one who listens to Qur'ān side by side. What is the life of this young man, in preparation of the Ākhirah, and what does Allāh bless him with and what is the preparation of the one who listens to music when asked to recite the Shahādah on the end of their life and only music lyrics can be sung?

And it is upon you, O servant of Allāh, to not just leave off music but leave off all sorts of harām and indulge in good deeds instead and to repent often. Verily, imān comes from fighting your soul and its desires, not praying 2 rak'at or fasting a day. So become righteous and seek knowledge so you may attain high imān as this will help you in being obedient to Allāh. Make sincere du'ā to Allāh to aid you in this matter and remind yourself of all the things I have mentioned. If you ever find yourself struggling to fight with your nafs then come back and re-read everything, in shā Allāh.

يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ وَلْتَنْظُرْ نَفْسٌ مَّا قَدَّمَتْ لِغَدٍ وَاتَّقُوا اللَّهَ ۚ إِنَّ اللَّهَ خَبِيرٌ بِمَا تَعْمَلُونَ

O you who have believed, fear Allāh. And let every soul look to what it has put forth for tomorrow - and fear Allāh. Indeed, Allāh is Aware of what you do. {Al-Hashr: 18}

والله أعلم

And Allāh knows best